



COON RAPIDS SENIOR SERVICES

Voice of Experience

MARCH/APRIL 2022



DONUT

KNOW WHAT WE WOULD DO WITHOUT YOU!

VOLUNTEER APPRECIATION EVENT

MONDAY, APRIL 25 - 10:30 a.m.—11:30 a.m.

ATTENTION VOLUNTEERS! If you volunteered at the Senior Center in the last three years, you are invited to come in and enjoy some refreshments. Doors open at 10:30 a.m., with a short program at 11:00 a.m. No invitations will be sent, but please RSVP before Monday, April 18 by calling 763-767-6473. Space is limited. We appreciate you!



DRIVE-BY FOOD DRIVE THURSDAY, MARCH 24 1:00 P.M. - 3:00 P.M.

Times are tough for some folks right now....so....we want to make sure our neighbors have food and are staying healthy. All donations will be matched, so this drive will really make your dollar count. Donate non-perishable food items, as well as checks made out to ACBC Food Shelf. Just drive up to the curb at City Hall, stay in your car and we'll gladly take your donation. Thanks for contributing to this good cause! Co-hosted by the Coon Rapids Senior Center and Police Department.



2022 DESSERT & COFFEE CONCERTS

Concerts begin at 7:00 p.m. at the Coon Rapids Senior/Civic Center, 11155 Robinson Drive. Enjoy an evening of music, dessert and beverage—all included in the admission. Seniors (65 and better) and children (12 and under) are \$6.00, other adults are \$8.00. Tickets can be purchased at the door on the night of the event. Call (763) 767-6432 for more info. Sponsored by the Coon Rapids Arts Commission.

March 10, 2022
King Wilkie's Dream (Bluegrass)

April 7, 2022
The Brueskes (Classical Jazz)

TRIPS AND SPECIAL EVENTS

!! ATTENTION! TRIP PARTICIPANTS MUST READ THIS !!

Due to Covid, the theaters and bus company now have very strict Covid policies. Masks are REQUIRED for both and must be worn at all times, unless you are eating or drinking in the theater. No bandanas or neck gaiters. You MUST also present proof of vaccination or a negative Covid test (in the last 72 hours) before entering the theater building. If you do not follow these mandates, you will be refused entry. It is your responsibility, on the day of the trip, to provide your own mask and proof of vaccination!

HISTORY THEATER PRESENTS **"RUNESTONE"** THURSDAY, MAY 19

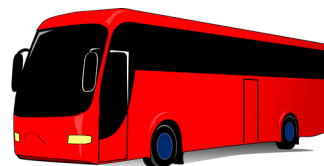
1898. When Swedish immigrant Olaf Ohman digs up a rock on his property near Kensington, Minnesota with "a story written in carved runes" that indicate that the Vikings were the first Europeans to set foot in Minnesota, he is praised for his discovery. But soon, a controversy erupts and the cries of "Fake! Fraud! Liar!" turns his life upside down. This is one of Minnesota's "craziest stories", and playwright and lyricist Mark Jensen and musical composer Gary Rue have created a whimsical musical that lays out this "continuing controversy!" What is the truth? Step back in time and enjoy the show. (No meal included. Concessions, on your own, will be available).

Sign Up: IMMEDIATELY

Cost: \$52.00

Bus: Depart 8:45 a.m./Return 12:45 p.m.

Payment Deadline: Friday, April 8



CHANHASSEN DINNER THEATER PRESENTS **"FOOTLOOSE"** WEDNESDAY, JUNE 1

When Ren and his mother move from Chicago to a small farming town, he is prepared for the inevitable adjustment period at his new high school. But he's not prepared for the rigorous ban on dancing instituted by the local preacher. The heartfelt story that emerges pits a father longing for the son he lost against a young man aching for the father who walked out on him. Footloose celebrates the wisdom of listening to young people, while guiding them with a warm heart and open mind. Order your lunch off the menu.

Sign Up: IMMEDIATELY

Cost: \$95.00

Bus: Depart 10:15 a.m./Return 4:30 P.M.

Payment Deadline: Wednesday, May 4



SPECIAL EVENTS



LUNCH & LEARN

LUNCH & LEARN

“FOR THE LOVE OF COD”

***A FATHER AND SON’S SEARCH
FOR NORWEGIAN HAPPINESS***

FRIDAY, MARCH 25 AT 10:30 A.M.



Years ago author Eric Dregni and his wife lived in Norway, the country his great-great-grandfather once fled. When their son Eilif was born there, the Norwegian government paid for the birth, gave them \$5,000 and deposited \$500 into their bank account every month. But surely happiness was more than a generous health care system. When Eilif turned fifteen, father and son decided to go back together and investigate. Arriving in May, a month of festivals and eternal sun, the Dregnis are thrust into Norway at its merriest—and into the reality of the astronomical cost of living, which forces them to find lodging with friends and relatives. But this gives them an inside look at the secrets to a better life. Find out what they learned about the Norwegian way of life. Then enjoy a tasty lunch from Lisa’s Catering, which includes Swedish meatballs, mashed potatoes, dessert and coffee. The cost is \$10 per person payable by Wednesday, March 16. Space is limited. Call to register at 763-767-6473.

TOP OF THE MORNIN’ BRUNCH

With the Goldentone Choir & Pot O’ Gold Bingo

THURSDAY, MARCH 17 AT 10:30 A.M.

Join us for some good old St. Patrick’s Day music by the Goldentone Leprechauns! Then try your Irish Luck with a few rounds of Bingo and some fun prizes. Next we’ll enjoy a late morning brunch including ham and egg bake, muffin, fruit and coffee (by Lisa’s Catering). Cost of \$10.00 is due one week in advance. Call 763-767-6473 for a reservation. Seating is limited.



50+ ANNIVERSARY PARTY

Thursday, April 21 at 11:00 a.m.

Couples married fifty or more years will be honored at this special event! The program begins at 11:00 a.m. with a “March through the Arch”, followed by a performance of love songs by our Goldentone Choir. We’ll serve a catered, noon lasagna dinner with (of course) wedding cake for dessert. A flower, donated by Gearhart Chapel, will be presented to each couple and a lovely arch will be provided by Forever Floral. If you have been married for fifty years or more, please inform the receptionist when you register. Cost of \$10.00 per person needs to be paid one week in advance. Call 763-767-6473 to register. Everyone is welcome to join us in honoring these lovely couples.



SPEAKERS AND CLASSES

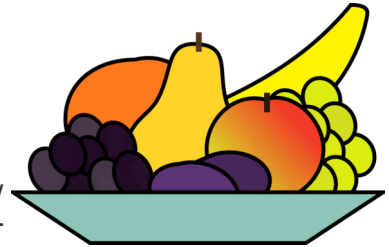
PARTICIPANTS: PLEASE READ

Register by calling 763-767-6473. If you sign up for a Zoom class that has a fee, we will email you the meeting number and passcode a few days in advance. Payments due one week before class.



WHICH DIET IS THE “RIGHT” DIET? PRESENTED BY HEATHER CARPENTIER IN-PERSON OR ZOOM THURSDAY, MARCH 3 AT 11:00 A.M.

There are so many different diets to choose from so how do you know which one is right for you? Paleo, Keto, Vegetarian, and Mediterranean are some of the diets we will be looking at in this class. Join Health and Wellness Consultant Heather Carpentier as she shares about many types of diets. Sign up by calling 763-767-6473. Cost of \$5.00 per person due one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.



BRITISH CLASS: THE CLANS PRESENTED BY TERRY KUBISTA ZOOM FROM HOME OR VIEW ZOOM AT SENIOR CENTER MONDAYS, MARCH 7 & 21 AT 10:00 A.M. (TWO-PART CLASS)

We've heard the terms Jacobite and Bonnie Prince Charlie, but who or what were they? What part did they contribute to Scotland's heritage? \$5 per person payable one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

RUSSIAN ART – IMPERIAL FABERGE: JEWELER TO THE TSARS PRESENTED BY CAROLE VELDMAN-RUDIE ZOOM FROM HOME OR VIEW ZOOM AT SENIOR CENTER MONDAY, MARCH 7 AT 1:00 P.M.

The greatest jewelers of all time are most closely associated with the Romanovs, the richest emperors of all time. Providing adornments for the Tsarist court set fashions for the rest of the European royal families. The end of the Romanov empire might have terminated the ability to continue producing the delicate works, but not the mystique. \$5 per person payable one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

DOWN THE MISSISSIPPI IN MINNESOTA: PART 3 SOUTH FROM ST. PAUL THROUGH HISTORIC RIVER TOWNS IN MN TO THE IOWA BORDER PRESENTED BY DOUG OHMAN IN-PERSON ONLY FRIDAY, MARCH 18 AT 1:00 P.M.

Hear the entertaining stories of Doug's final stretch as he paddles his way from St. Paul to the Iowa border. \$5 per person payable one week in advance.



SPEAKERS AND CLASSES

ART HISTORY: JACOB LAWRENCE PRESENTED BY RUMRIVER ART CENTER ZOOM ONLY

MONDAY, MARCH 28 AT 10:30 A.M.

Delve into the life and powerful artwork of this African American Harlem Renaissance painter. Free. No registration needed. **Zoom Meeting: 872 326 3109 Passcode: SENIOR**



SIGMUND FREUD (PART I OF 3) PRESENTED BY JB ANDERSEN ZOOM FROM HOME OR VIEW ZOOM AT SENIOR CENTER MONDAY, MARCH 28, AT 1:00 P.M.

Each session will be stand alone. Sign up for any one, any two or all three. Freud Origins. His early life and education will be discussed. The lecture will include major concepts such as Hypnosis, Dream Analysis, Free Association and more. The concepts of the Unconscious Mind and Personality Theory (Id, Ego and Superego) and more will also be included. \$5 per person per class payable one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

BRITISH CLASS: SOME OF BRITAIN'S HISTORIC TOWNS PRESENTED BY TERRY KUBISTA ZOOM FROM HOME OR VIEW ZOOM AT SENIOR CENTER MONDAYS, APRIL 4 & 18 AT 10:00 A.M. (TWO-PART CLASS)

Although kings and queens inevitably play a role in British history, this is essentially the people's story. We'll focus more on the riots, disasters, strikes and rebellions that shaped modern Britain. \$5 per person payable one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

HEART OF THE FARM—BARNES OF MINNESOTA PRESENTED BY DOUG OHMAN IN-PERSON ONLY FRIDAY, APRIL 8 AT 1:00 P.M.

Enjoy a rural journey exploring the greatest of all rural icons, the barn. From the early days of statehood through the era of agribusiness, our barns tell a story. This story will bring you back to the farm and explore the importance of our rural roots. \$5 per person payable one week in advance.



ART HISTORY: ARTEMISIA GENTILESCHI PRESENTED BY RUMRIVER ART CENTER ZOOM ONLY MONDAY, APRIL 11 AT 10:30 A.M.

This artist lived from 1593-1654 and was one of the first female painters that was accepted and commissioned to do work for various courts in Italy and London. Free. No registration needed. **Zoom Meeting: 872 326 3109 Passcode: SENIOR**

TURN THE PAGE FOR MORE CLASSES ➡

SPEAKERS AND CLASSES

CALL 763-767-6473 TO REGISTER.

RUSSIAN ART: SACRED MOMENTS: HOLY WEEK IN THE RUSSIAN VISUAL CULTURE PRESENTED BY CAROLE VELDMAN-RUDIE ZOOM FROM HOME OR VIEW BY ZOOM AT SENIOR CENTER THURSDAY, APRIL 14 AT 1:00 P.M.

Experience Holy Week in a new way. Russian art's distinctive icons and paintings bring added appreciation for the events in the days between Palm Sunday and Easter. New ways of "seeing" these familiar stories enriches connections with the ancient truths re-enacted each year. \$5 per person payable one week in advance. Zoom meeting number and passcode will be emailed to you prior to the class.

SIGMUND FREUD (PART 2 OF 3) PRESENTED BY JB ANDERSEN ZOOM FROM HOME OR VIEW ZOOM AT SENIOR CENTER MONDAY, APRIL 11 AT 1:00 P.M.

Defense Mechanisms are items we use to defend, protect and define ourselves. We will discuss several of them. \$5 per person per class payable one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

HOW HEALTHY IS YOUR BRAIN? PRESENTED BY HEATHER CARPENTIER IN-PERSON OR ZOOM THURSDAY, APRIL 21 AT 1:00 P.M.

Feeling forgetful? Concerned about the rise of dementia, Alzheimer's, and mental illness? Take control of what you can do right now and feed a brain that is resilient. From shopping, cooking, supplementation, and key lifestyle changes, discover how you can take control of brain health. Join Health and Wellness Consultant Heather Carpentier as she shares strategies to improve your brain health. Sign up by calling 763-767-6473. Cost of \$5.00 per person due one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.

SIGMUND FREUD (PART 3 OF 3) PRESENTED BY JB ANDERSEN ZOOM FROM HOME OR VIEW ZOOM AT SENIOR CENTER MONDAY, APRIL 25 AT 1:00 P.M.

More on Defense Mechanisms. Drives that define our thoughts, motives and behavior will be defined. The five stages of personhood will be discussed as will the Conscious and Unconscious Mind. Freud's last years in England and escape from the Holocaust will be discussed. What is his legacy? \$5 per person per class payable one week in advance. Zoom meeting number/passcode will be emailed to you prior to the class.



IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently, including Ken Avery, Roger Avery, Derald Caruthers, Jeannine Chamberlain, Bill Dubats, Shirley Olson, Patricia Plombon, and Del Schnaidt.

BINGO WITH A PURPOSE

THURSDAY, MARCH 10 AT 1:00 P.M.

- Join us for BINGO with a purpose! Come and find out about financial scams, protection orders, violence against older adults, safety planning and services offered by Alexandra House all while playing Bingo and winning some fun prizes. What you learn could help yourself or someone you know, as violence impacts one in ten older adults! No cost but please reserve a spot by calling 763-767-6473.
- Sponsored by Alexandra House.

TIDBITS FROM THE OFFICE

TAXES: We are sorry to announce that AARP will NOT be offering tax assistance at our site in 2022. We are hopeful that RSVP will be assisting with Property Tax Refunds and Rent Credits later in the summer. Watch the summer newsletters for details.

COLLECTION SITE: Times have changed. Schools are no longer collecting soup labels, milk lids, bottle tops, printer cartridges or cell phones, so neither are we. We do still collect used eye glasses and hearing aids for the Lions Club and pop tabs for the Ronald McDonald House.

COFFEE DONATIONS: Thanks to everyone who donated cans of decaf coffee! We appreciate it!

Fun Fact: Maxwell's slogan, "Good to the last drop", goes back to 1907!

IN-PERSON DEFENSIVE DRIVING CLASSES

Consumers 55+ years of age can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must take an 8-hour on-line session. Others take a shorter, 4-hour refresher course every three years. Call (763) 767-6473 to register. Payment of \$24.00 is due 2 weeks before class. Checks can be made out to *Coon Rapids Senior Services*. Right now we have openings on the following dates:

4-HOUR REFRESHER COURSE—\$24:

Monday, March 14: 8:30 a.m.-12:30 p.m.

Thursday, March 31: 12:30 p.m.-4:30 p.m.

Monday, April 11: 4:30 p.m.-8:30 p.m.


Thursday, April 28: 12:30 p.m.-4:30 p.m.


Monday, May 9: 8:30 a.m.—12:30 p.m.

Monday, May 23: 4:30 p.m.-8:30 p.m.

WE NO LONGER OFFER IN-PERSON 8-HOUR COURSES

ON-LINE CLASSES! Sign up at www.minnesotasafetycouncil.org or call (651) 291-9150.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MARCH</p>	<p>1 AA Meeting Square Dancing Craft Club Health Insurance Counseling by appointment Bridge Knitwits Cribbage</p>	<p>2 Vets Coffee Footcare Live to be Healthy Paper Crafting 500 Cards Bunco Spanish Shopping at Walmart/Andover TBA</p>	<p>3 Goldentones Heather's Class Woodcarvers Super Sr Club Spanish</p>	<p>4 Live to be Healthy Health Screenings Yoga Hand & Foot</p>
<p>7 Live to be Healthy British Class Bingo Creative Writers Russia Class</p>	<p>8 AA Meeting ACCAP Outreach Craft Club Bridge Knitwits Cribbage Masterpiece Book Club Shopping at Riverdale Cub/Walmart TBA</p>	<p>9 Vets Coffee Footcare Live to be Healthy Paper Crafting 500 Cards Bunco</p>	<p>10 Goldentones Woodcarvers Bingo with a Purpose</p>	<p>11 Live to be Healthy Yoga Hand & Foot</p>
<p>14 Defensive Driving Live to be Healthy Bingo Creative Writers</p>	<p>15 AA Meeting Square Dancing Craft Club Bridge Cribbage Knitwits</p>	<p>16 Vets Coffee Footcare Live to be Healthy Paper Crafting 500 Cards Bunco Spanish</p>	<p>17 Top of the Mornin' Brunch/Goldentones Woodcarvers Parkinson's Group Spanish</p>	<p>18 Live to be Healthy Yoga Hand & Foot Doug Ohman</p>
<p>21 Live to be Healthy British Class Creative Writers Bingo</p>	<p>22 AA Meeting Craft Club Bridge Cribbage Knitwits Shopping at County Market in Andover</p>	<p>23 Vets Coffee Footcare Live to be Healthy Paper Crafting 500 Cards Bunco</p>	<p>24 Book Club Woodcarvers Drive By Food Drive 1-3</p>	<p>25 Live to be Healthy Lunch and Learn Yoga Hand & Foot</p>
<p>28 Live to be Healthy Art History Creative Writers Bingo Sigmund Freud</p>	<p>29 AA Meeting Square Dancing Craft Club Bridge Cribbage Knitwits Shopping at Riverdale Cub/Walmart TBA</p>	<p>30 Vets Coffee Live to be Healthy Paper Crafting 500 Cards Bunco</p>	<p>31 Goldentones Woodcarvers Defensive Driving</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>APRIL</div> <div>  </div>				
<div>4</div> <div> Live to be Healthy British Class Creative Writers Red Cross NO BINGO </div>	<div>5</div> <div> 8:30 10:00 1:00 1:00 AA Meeting Square Dancing Craft Club Health Insurance Counseling by appointment 10:15 12:30 1:00 1:00 Bridge Cribbage Knitwits </div>	<div>6</div> <div> Vets Coffee Footcare Live to be Healthy Paper Crafting 500 Cards Bunco Spanish Shopping at Walmart/Andover TBA </div>	<div>7</div> <div> Goldentones Woodcarvers Super Sr. Club Spanish 9:15 1:00 1:00 2:15 </div>	<div>8</div> <div> Live to be Healthy Yoga Hand & Foot Doug Ohman 9:00 11:00 12:00 1:00 </div>
<div>11</div> <div> Live to be Healthy Art History Creative Writers Bingo Sigmund Freud Defensive Driving </div>	<div>12</div> <div> 8:30 10:30 1:00 1:00 1:00 4:30 AA Meeting ACCAP Outreach Craft Club Bridge Cribbage Knitwits Masterpiece Book Club Shopping at Riverdale Cub/Walmart </div>	<div>13</div> <div> Vets Coffee Footcare Live to be Healthy Paper Crafting 500 Cards Bunco 8:00 8:00 9:00 9:00 12:45 1:00 </div>	<div>14</div> <div> Goldentones Woodcarvers Russia Class 9:15 1:00 1:00 </div>	<div>15</div> <div> Live to be Healthy Yoga Hand & Foot 9:00 11:00 12:00 </div>
<div>18</div> <div> Live to be Healthy British Class Creative Writers Bingo </div>	<div>19</div> <div> 8:30 10:00 1:00 1:00 AA Meeting Square Dancing Craft Club Bridge Cribbage Knitwits </div>	<div>20</div> <div> Vets Coffee Footcare Live 2B Healthy Paper Crafting 500 Cards Bunco Spanish 8:00 8:00 9:00 9:00 12:45 1:00 2:30 </div>	<div>21</div> <div> Anniversary Party Heather's Class Woodcarvers Spanish 11:00 1:00 1:00 2:15 </div>	<div>22</div> <div> Live to be Healthy Yoga Hand & Foot Kris' Retirement Party 9:00 11:00 12:00 1:00 </div>
<div>25</div> <div> Live to be Healthy Volunteer Event Creative Writers Bingo Sigmund Freud </div>	<div>26</div> <div> 8:30 10:30 1:00 1:00 1:00 AA Meeting Craft Club Bridge Cribbage Knitwits Shopping at County Market in Andover </div>	<div>27</div> <div> Vets Coffee Footcare Live 2B Healthy Paper Crafting 500 Cards Bunco 8:00 8:00 9:00 9:00 12:45 1:00 </div>	<div>28</div> <div> Goldentones Book Club Defensive Driving Woodcarvers 9:15 11:00 12:30 1:00 </div>	<div>29</div> <div> Live to be Healthy Yoga Hand & Foot 9:00 11:00 12:00 </div>

HAPPENING AT THE SENIOR CENTER



**American
Red Cross**

BLOOD DRIVE

MONDAY, APRIL 4

Call 1-800-RED-CROSS (1-800-733-2767) for an appointment. Appointments start at 1:00 p.m. Held at the Coon Rapids Senior Center.

KNITWITS!

TUESDAYS AT 1:00 P.M.

Knitters gather together and work on projects for area non-profit organizations. New Members are welcome, too! Sorry but no instruction is provided. This group formerly met at Culvers but are now making the Senior Center their home. Join the group and sit, knit and visit a bit, all for good causes!

ZOOM

SPANISH CLASSES

Intermediate: 1st & 3rd Wednesdays at 2:30 p.m.

Intermediate: 1st & 3rd Thursdays at 2:15 p.m.

No cost to attend. No reservation required.

Please call the Senior Center at 763-767-6473 for more information and for the Zoom Passcode.



PUZZLES & BOOKS!

Our library has books and puzzles galore! We also have some very nice 2022 calendars (sorry, we are not accepting any more). Come in and choose something to take home with you!

HEY ALL YOU VETS!

Join fellow Vets for coffee and conversation on
Wednesday mornings starting at 8:00 a.m.

All ages welcome!



BOOK CLUB

Everyone is welcome to join the (in-person) Book Club at 11:00 a.m. After the meeting, lunch, at a local café, is optional. No sign up needed.

Thursday, March 24

"The Midnight Library"

by Matt Haig

Thursday, April 21

"A Time for Mercy"

by John Grisham

MASTERPIECE BOOK CLUB

ON ZOOM

2ND TUESDAYS AT 1:30

Interested in joining? Call Judy at 763-785-0983 for more info and meeting passcode info.

Tuesday, March 8

"Thirteen Moons"

by Charles Frazier

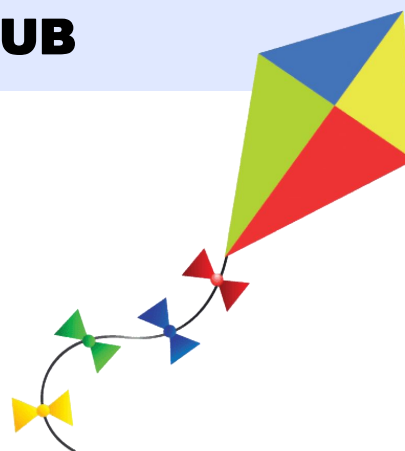
Tuesday, April 12

"Dandelion Wine"

Ray Bradbury

SUPER SENIOR CLUB

The Super Senior Club is happy to announce its two new Co-Presidents: Dee Evertz and Dave Davis! Many thanks to former President Bernice Olson for her many years of service to our Club. Thanks to her energy and dedication, the SSC is better than ever and all set to move forward in the future with its service projects and community partnerships!



The history of the Super Senior Club is quite interesting! It was formed in 1975 by a small group of friends in a church meeting room. This group ultimately grew into what is now known as the Coon Rapids Senior Center. As membership increased, they moved their meetings to a fire station and then to the Family Services Center on Coon Rapids Blvd. In 1996, the Senior Center moved to its current home in the Civic Center at City Hall.

Today, nearly fifty years later, the Super Senior Club is going strong. Our goals include promoting community service and making life-long friendships! Monthly meetings typically include reviewing donation requests, fundraising proceeds, door prizes and always treats and coffee! The SSC sponsors the annual Bazaar and the Senior Center Gift Shop, too, with proceeds going to local charities!

Just a few of the organizations that the SSC donates funds to include ACBC Food Shelf, Bikes 4 Kids, Elementary Schools, Cars For Neighbors and scholarships to Coon Rapids High School graduates. We are definitely making our corner of the world a better place!

Meetings are typically held on the first Thursday of the month at 1:00 at the Senior Center. Come to a meeting and give it a try! If you want to become a member, it is only \$7.00 per person for a year and includes our annual free picnic. Join us!

NEXT MEETING: THURSDAY, MARCH 3 AT 1:00 P.M.

GIFT SHOP OPEN!

Monday-Thursday

10:00-1:00

All proceeds benefit local charities.



PEN PALS WANTED

The Hamilton Elementary 4th Grade Class is looking for 14 seniors to be their Pen Pals! The students will write the seniors a letter and then we ask that each senior write back at least once. Are you interested in helping? Please call the Senior Center at 763-767-6473 to sign up!



Join us for Bingo every Monday at 1:00 p.m.

(NOTE: There will be no Bingo April 4 due to Blood Drive)

Pay \$5 per person upon arrival.

Prizes will be \$10 gift cards and other fun items!

No advance sign up needed.

Just come in and join the fun!

ONE-ONE TECHNOLOGY HELP

The Anoka County Library (located on Crooked Lake Blvd in Coon Rapids) offers free, one-on-one Technology Help! Please call 763-324-1530 to set up a 45 minute appointment. Let them know what it is you're needing assistance with so they can match you up with the right person. Appointments now take place at the library.

TRANSPORTATION TO THE SENIOR CENTER!

If you need a ride to and from the Senior Center, call us at 763-767-6473. We have volunteer drivers who will transport you. The cost is \$1.00 each way. We are also doing shopping trips for \$3 round trip. See calendar for dates and places. To schedule a ride, please call two days in advance. You must be able to get in/out of the van independently. The vehicles are not equipped for wheelchairs. Take advantage of this service and leave the driving to us! (This is for residents of Coon Rapids only).



HEALTH & FITNESS

FREE HEALTH SCREENINGS

FRIDAY, MARCH 4 BY APPOINTMENT

This event is being held on March 4th, so “March Forth” towards better health! Sign up for a professional, one-on-one, interactive health review with registered physical and occupational therapists. Maximize your safety, well-being and independence. Reduce your risk of falls and compare your strength to others your age. Make an appointment by calling 763-767-6473. Held at the Senior Center. Free. Sponsored by Margaret Tjosvold Wellness Clinic.

PARKINSON’S SUPPORT GROUP

Join our Parkinson’s Group on the third Thursday of March, May, July, September and November at 1:00 p.m. A typical meeting includes a speaker, time for discussion, and fellowship time with coffee and treats. No need to RSVP. Just show up. Many thanks to volunteer coordinator Milo for his time and commitment to making this group possible.

DATE: THURSDAY, MARCH 17 AT 1:00

SPEAKER: Ann St. Jacque MA, CCC-SLP, MPLS VA

TOPIC: Swallowing and Parkinson’s



YOGA (IN PERSON OR ZOOM)

FRIDAYS AT 11:00 A.M.

Relax. Renew. Rejuvenate. Join Gita Kar on Zoom and treat your mind, body and soul to some Yoga. Learn techniques to help you relax, breathe and meditate. Free. No need to RSVP. Zoom from home or view Zoom on the big screen at the Senior Center. **Zoom Meeting 913 7719 3797 Passcode: SENIOR**

LIVE 2B HEALTHY FITNESS CLASS

MONDAYS AT 8:30 & WEDNESDAYS & FRIDAYS AT 9:00

FIRST SESSION FREE!

Improve flexibility and balance, increase muscular endurance and make new friends—all at the same time! Led by a certified instructor. Classes are \$35.00 per month, but there’s no cost to “SilverSneakers” or “Silver and Fit” members. Most Blue Cross Blue Shield, Medica and Health Partner Plans are accepted. Bring your insurance card to determine your eligibility. Social distancing and cleaning practices will be implemented. Join us, get in shape and have fun!



-RESOURCES-

ACCAP CHORES AND MORE
Help with minor home repairs, housekeeping and seasonal chores. 763-783-4767

ACCAP SENIOR OUTREACH WORKER-PATTY MARZ
Assistance with food support, housing, health care programs, energy assistance and more. 763-783-4741

HELP AT YOUR DOOR
Grocery assistance, home support and transportation. 651-642-1892

FOOT CARE
Provided by Laura with Holistic Foot and Nail Care. \$35 per session. Call the Coon Rapids Senior Center for appointments. 763-767-6473

HEALTH INSURANCE COUNSELING
Assistance for health insurance and Medicare counseling 1-800-333-2433

MEALS ON WHEELS
763-236-8718

MEDICATION DISPOSAL
Coon Rapids Police Dept.
Inside the lobby
Mon-Fri- 8:00 a.m.-4:00 p.m.

SENIOR LINKAGE LINE
Link to senior services
1-800-333-2433

HEALTH INSURANCE COUNSELING

This one-on-one program can assist in helping navigate the process of enrolling in Medicare or supplemental health insurance policies. Sponsored by the Metro Area Agency on Aging and the Senior LinkAge Line. To make an appointment, call 1-800-333-2433, or go to their website at www.metroaging.org/HIC. All in-person appointments are held at the Coon Rapids Senior Center on the first Tuesday of the month. In addition, see their virtual presentations on Medicare 101, Health Care Fraud and Scams, Health Care Directives, or How the Senior LinkAge Line Can Help You at trellisconnects.org/get-help/upcoming-presentations/.

STAY CONNECTED! Sign up for once-a-week emails that include event reminders and one-click links to our Zoom meetings. Also, "Follow" us on Facebook and stay connected with announcements, photos, event/Zoom reminders, recipes, crafts, resources and other fun ideas!

CAREGIVER SUPPORT GROUPS

Groups meet regularly to build support, comfort, and share information regarding caregiving issues. Daytime and evening groups available. Call Family Caregiver Connection at 763-324-1608 or email caregivers@co.anoka.mn.us

GRIEF SUPPORT GROUP

FAITH LUTHERAN CHURCH
TUESDAYS, 6:30-8:00 P.M.

GriefShare is a weekly seminar and support group for men and women designed to help you rebuild your life. For more information, call 763-755-3530. The address is 11115 Hanson Blvd in Coon Rapids.



SENIOR CENTER ACTIVITIES

All of these events are for seniors 55+. No pre-registration is required unless noted. These activities take place at the CR Senior Center/City Hall, 11155 Robinson Drive. Questions? Call the CR Senior Center at 763-767-6473.

'500' CARDS

Wednesdays at 12:45 p.m.

AA MEETINGS

Tuesdays at 9:30 a.m.
All ages welcome.



BOOK CLUB

4Th Thursday at 11:00 a.m.

BINGO

Every Monday with a few exceptions.
Check out the calendar for details.

BRIDGE

Tuesdays at 12:30 p.m.
Advance reservation required.
Call Butch & Kay at 763-784-2656.

BUNCO

Wednesdays at 1:00 p.m.

CRAFT CLUB

Tuesdays at 10:00 a.m. Bring your project!

CREATIVE WRITERS

Mondays at 1:00 p.m.

CRIBBAGE

Tuesdays at 1:00 p.m.

FOOTCARE

Wednesdays

GOLDENTONES

Thursdays at 9:15 a.m.

HAND & FOOT CARDS

Fridays at noon

HEALTH INSURANCE COUNSELING

First Tuesday of the month

KNITWITS

Tuesdays at 1:00 p.m.

LIVE 2B HEALTHY FITNESS CLASS

Mondays at **8:30am**-Wednesdays and Fridays at **9:00am**. First time free. Cost covered by most insurance companies or \$35/month. Bring insurance card.

MASTERPIECE BOOK CLUB

2nd Tuesday at 1:30 p.m.

PAPER CRAFTING

Wednesdays at 9:00 a.m.



SHOPPING

See calendar for dates

SQUARE DANCING

1st, 3rd & 5th Tuesdays at 9:30
Sponsored by Hot Foot Stompers

YOGA

Fridays at 11:00 a.m.


VETS COFFEE

Wednesdays at 8:00 a.m.



WOODCARVING

Thursdays at 1:00 p.m.


A simple line drawing of two pill bottles, one with orange pills and one with yellow pills, with several pills spilled out on the surface.

MEDICATION DISPOSAL

Turn in your unused or expired medications for safe disposal at The Coon Rapids Police Department. It is available from 8:00 a.m. to 4:00 p.m. Monday-Friday at their main window.

DON'T FORGET!

Change your clocks before you go to bed on Saturday, March 12th and make sure your smoke alarms are working properly!

A simple line drawing of a circular smoke alarm with the words "SMOKE ALARM" written on it.



11155 Robinson Drive
Coon Rapids, MN 55433-3761

ADDRESS SERVICE REQUESTED



COON RAPIDS SENIOR SERVICES

PHONE: (763) 767-6473

ACTIVITIES FOR SENIORS AGE 55+

PROGRAM SPECIALIST—KRIS NIEBLER

PROGRAM ASSISTANT—CINDY OLSON

Coon Rapids Senior Services is made possible through the continued support of the City of Coon Rapids.

RETIREMENT ANNOUNCEMENT

It is with mixed feelings that I announce my retirement, effective April 29. For over 26 years, this job has been the greatest joy! I treasure the many friendships I have made, I have enjoyed wonderful volunteers and co-workers and the City of Coon Rapids has always supported our Senior Center 100%! I have loved this job every single minute! However, it is time for the next chapter in my life - - more time with grandchildren, more time at the cabin, more time for travel, just more time! Thanks to each and every one of you for touching my life!

Kris Niebler

RETIREMENT RECEPTION

Join us to say 'So Long' to Kris!

**FRIDAY, APRIL 22
1:00 P.M.—3:00 P.M.**

**SHORT PROGRAM
AT 2:00 P.M.**

